

**Black Licorice Lowers Testosterone Levels**

Posted by RoshYeshivasSon - 23 Aug 2013 18:17

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Black licorice (or liquorice) contains GLYCYRRHIZIC ACID which, studies have shown, dramatically lowers testosterone levels. While long-term studies seem to be unavailable, it will definitely help you in the short term. It is not a panacea; you will still have urges; but it will help remove a little intensity from them. You can either buy it as a capsule from a health-food store (I find them in most drug stores) or you can buy black licorice treats if you like them (REAL black licorice, not twizzlers)

See this study

[medherb.com/Materia\\_Medica/Glycyrrhiza - Licorice root and testosterone.htm](http://medherb.com/Materia_Medica/Glycyrrhiza_-_Licorice_root_and_testosterone.htm)

and this article

[www.livestrong.com/article/143786-how-does-licorice-root-help-lower-libido/](http://www.livestrong.com/article/143786-how-does-licorice-root-help-lower-libido/)

for kosher black licorice try "Darrell lea" licorice

WARNING: THE FDA RECOMMENDS THAT PEOPLE 40 AND OLDER SHOULD BE  
CAUTIOUS ABOUT CONSUMING TOO MUCH BLACK LICORICE (SEE  
[abclocal.go.com/wabc/story?section=news/health&id=8413387](http://abclocal.go.com/wabc/story?section=news/health&id=8413387))

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Re: Black Licorice

Posted by inastruggle - 23 Aug 2013 21:59

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Interesting,

Thanks for sharing that tip.

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Re: Black Licorice Lowers Testosterone Levels  
Posted by RoshYeshivasSon - 03 Sep 2013 19:12

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I was surprised at first that this didn't generate much interest, but after a couple weeks I think I understand; people don't want crutches. Some people won't even use filters!

But one thing I can tell you: it works.

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Re: Black Licorice Lowers Testosterone Levels  
Posted by Gevura Shebyesod - 03 Sep 2013 20:12

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<http://guardyoureyes.com/forum/23-Just-Having-Fun/111071-Things-that-make-you-go-hmmmm?limit=15&start=45#123743>

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Re: Black Licorice Lowers Testosterone Levels  
Posted by LEARNING - 09 Sep 2013 03:47

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This would help but I'm fasting!

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Re: Black Licorice Lowers Testosterone Levels  
Posted by inastruggle - 09 Sep 2013 04:00

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Take a stroll around the block, a few times if necessary.

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Re: Black Licorice Lowers Testosterone Levels  
Posted by chulentking - 09 Sep 2013 07:28

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I suppose black licorice jelly beans won't do it either.

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Re: Black Licorice Lowers Testosterone Levels  
Posted by RoshYeshivasSon - 09 Sep 2013 17:50

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No, those are just flavored to taste like black licorice, they have no actual licorice root in them.

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Re: Black Licorice Lowers Testosterone Levels  
Posted by RoshYeshivasSon - 16 Sep 2013 06:50

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And if you hate black licorice it's even better: it's a kapparah. And it builds character.

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Re: Black Licorice Lowers Testosterone Levels  
Posted by R76 - 15 Oct 2013 23:49

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How much licorice root extract tablets should I take? Is 3/day enough?

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Re: Black Licorice Lowers Testosterone Levels  
Posted by tryingtoshteig - 16 Oct 2013 00:01

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[R76 wrote:](#)

How much licorice root extract tablets should I take? Is 3/day enough?

R76,

Did you read this?

[guardyoureyes.com/forum/23-Just-Having-Fun/111071-Things-that-make-you-go-hmmmm?limit=15&start=45#123743](http://guardyoureyes.com/forum/23-Just-Having-Fun/111071-Things-that-make-you-go-hmmmm?limit=15&start=45#123743)

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Re: Black Licorice Lowers Testosterone Levels  
Posted by R76 - 16 Oct 2013 00:04

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Thus I should take less. What would be a safe dose?

Is there a safer alternative for lowering my drive?

I am celibate and thus do not need a drive.

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Re: Black Licorice Lowers Testosterone Levels  
Posted by tryingtoshteig - 16 Oct 2013 00:07

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How am I supposed to know? I am no doctor! Maybe you could ask a doctor...

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Re: Black Licorice Lowers Testosterone Levels  
Posted by R76 - 17 Nov 2013 06:18

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The drawer of my table which once had certain magazines (which I threw away) now contains mathematical papers and Valerian and Licorice Root pills.

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Re: Black Licorice Lowers Testosterone Levels  
Posted by R76 - 17 Dec 2013 03:07

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Works excellently.

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